

TERM 2

Kindergarten	Step	Grade 1	Step	Grade 2	Step	Grade 3	Step	Grade 4	Step	Grade 5	Step
Lesson K-14		Lesson 1-14		Lesson 2-14		Lesson 3-14		Lesson 4-14		Lesson 5-14	
Best Effort	1	Best Effort	1	Best Effort	1	Responsibility	1	Responsibility	1	Responsibility	1
Aerobic Fitness	3	Aerobic Fitness	4	Aerobic Fitness	5	Aerobic Fitness	7	Aerobic Fitness	7	Aerobic Fitness	8
Hip Flexibility	4	Hip Flexibility	4	Hip Flexibility	4						
Lesson K-15		Lesson 1-15		Lesson 2-15		Lesson 3-15		Lesson 4-15		Lesson 5-15	
Best Effort	2	Best Effort	2	Best Effort	2, 3	Vertical Jump	1-5	Vertical Jump	4-6	Vertical Jump	6-8
Vertical Jump	1	Vertical Jump	1, 2	Vertical Jump	1, 3, 4	Responsibility	2	Responsibility	2	Responsibility	2, 3
Lesson K-16		Lesson 1-16		Lesson 2-16		Lesson 3-16		Lesson 4-16		Lesson 5-16	
Best Effort	3	Best Effort	3	Best Effort	4	Responsibility	3	Responsibility	3	Responsibility	4
Vertical Jump	1, 2	Vertical Jump	2, 3	Vertical Jump	4, 5	Vertical Jump	4-6	Vertical Jump	5-7	Vertical Jump	7, 8
Lesson K-17		Lesson 1-17		Lesson 2-17		Lesson 3-17		Lesson 4-17		Lesson 5-17	
Vertical Jump	2, 3	Vertical Jump	4	Vertical Jump	5, 6	Vertical Jump	5, 6, 7	Vertical Jump	6, 7, 8	Vertical Jump	8, 9
Aerobic Fitness	3	Aerobic Fitness	4	Aerobic Fitness	6	Hip Flexibility	5, 6	Hip Flexibility	8, 9	Hip Flexibility	9, 10
Hip Flexibility	4	Hip Flexibility	4	Hip Flexibility	4	Ab/Low Back Str.	1, 2	Ab/Low Back Str.	5, 7	Ab/Low Back Str.	8, 9
Lesson K-18		Lesson 1-18		Lesson 2-18		Lesson 3-18		Lesson 4-18		Lesson 5-18	
Vertical Jump	2, 3	Vertical Jump	4, 5	Vertical Jump	5, 6	Underhand Throw	1-5	Underhand Throw	5-7	Underhand Throw	7-8
Underhand Throw	1	Underhand Throw	1, 2	Underhand Throw	5						
Lesson K-19		Lesson 1-19		Lesson 2-19		Lesson 3-19		Lesson 4-19		Lesson 5-19	
Underhand Throw	1, 2	Underhand Throw	2, 3	Underhand Throw	5, 6	Hop	4, 5	Hop	5, 6	Hop	7, 8
Hop	1, 2	Hop	2	Hop	4	Underhand Throw	5-7	Underhand Throw	6, 7, 8	Underhand Throw	7, 8
Lesson K-20		Lesson 1-20		Lesson 2-20		Lesson 3-20		Lesson 4-20		Lesson 5-20	
Underhand Throw	2	Underhand Throw	3, 4	Underhand Throw	6, 7	Underhand Throw	6, 7, 8	Underhand Throw	7, 8	Underhand Throw	8, 9
Hop	1, 2	Hop	2-4	Hop	4-6	Hop	5, 6	Hop	7, 8	Hop	8
Lesson K-21		Lesson 1-21		Lesson 2-21		Lesson 3-21		Lesson 4-21		Lesson 5-21	
Underhand Throw	2, 3	Underhand Throw	5	Underhand Throw	6, 7	Arm/Shoulder Str.	1-3	Arm/Shoulder Str.	4	Arm/Shoulder Str.	4
Hop	2, 3	Hop	4, 5	Hop	5, 6	Hop	6, 7	Hop	7, 8	Hop	8, 9
Lesson K-22		Lesson 1-22		Lesson 2-22		Lesson 3-22		Lesson 4-22		Lesson 5-22	
Hop	2, 3, 4	Hop	4, 5	Hop	6, 7	Aerobic Fitness	5-11	Aerobic Fitness	13	Aerobic Fitness	13
Aerobic Fitness	4	Aerobic Fitness	5	Aerobic Fitness	6	Hip Flexibility	7	Hip Flexibility	10	Hip Flexibility	10
Hip Flexibility	4	Hip Flexibility	4	Hip Flexibility	4	Ab/Low Back Str.	3	Ab/Low Back Str.	6	Ab/Low Back Str.	6
Lesson K-23		Lesson 1-23		Lesson 2-23		Lesson 3-23		Lesson 4-23		Lesson 5-23	
Catch Rolling Balls	1	Catch Rolling Balls	1, 2	Catch Rolling Balls	4	Catch Rolling Balls	1-4	Catch Rolling Balls	4-7	Catch Rolling Balls	7, 8
Run	1	Run	1, 2	Run	3, 4						
Lesson K-24		Lesson 1-24		Lesson 2-24		Lesson 3-24		Lesson 4-24		Lesson 5-24	
Catch Rolling Balls	1, 2	Catch Rolling Balls	2, 3	Catch Rolling Balls	4, 5	Catch Rolling Balls	5, 6	Catch Rolling Balls	6, 7	Catch Rolling Balls	8
Run	1, 2	Run	2, 3	Run	5	Arm/Shoulder Str.	1, 2, 3	Arm/Shoulder Str.	5-7	Arm/Shoulder Str.	5, 7, 8
Lesson K-25		Lesson 1-25		Lesson 2-25		Lesson 3-25		Lesson 4-25		Lesson 5-25	
Catch Rolling Balls	2, 3	Catch Rolling Balls	3, 4	Catch Rolling Balls	5	Run	5, 6	Run	6, 7	Run	7, 8
Run	2, 3	Run	3, 4	Run	5	Catch Rolling Balls	6, 7	Catch Rolling Balls	7, 8	Catch Rolling Balls	8, 9
Lesson K-26		Lesson 1-26		Lesson 2-26		Lesson 3-26		Lesson 4-26		Lesson 5-26	
Catch Rolling Balls	2, 3	Catch Rolling Balls	4, 5	Catch Rolling Balls	6	Arm/Shoulder Str.	4	Arm/Shoulder Str.	5-7	Arm/Shoulder Str.	5, 7, 8
Run	3, 4	Run	4	Run	6	Run	6, 7	Run	7, 8	Run	8, 9

Table 3: EPEC Curricular Scope and Sequence Matrix—Term 2